

Calcium provides the building blocks that help keep bones and teeth strong and healthy.* It also plays a role in proper function of the musculoskeletal and nervous systems.* Magnesium helps to regulate calcium transport and stimulates the secretion of calcitonin, a hormone that aids in the influx of calcium into bone.* Vitamin D is required to promote calcium absorption, which helps to maintain healthy bones and teeth.* Vitamin D also supports a healthy immune system.* This formulation provides Calcium, Magnesium and Vitamin D3 in a delicious and easy to absorb liquid form for daily supplementation.

†Adequate Calcium and Vitamin D as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life.

Solgar's KOF-K certification #K-1250

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SOLGB35831 03A



LIQUID

CALCIUM • MAGNESIUM CITRATE

WITH VITAMIN D3

Delicious, Easy to
Absorb Formulation

May Reduce the
Risk of Osteoporosis†



GLUTEN, WHEAT & DAIRY FREE



NATURAL BLUEBERRY FLAVOR

DIETARY SUPPLEMENT 16 FL. OZ. (473 mL)

Supplement Facts

Serving Size: 1 Tablespoon (0.5 fl. oz.) (15 mL)

Servings Per Container: about 32

Amount Per Serving		%DV
Calories	20	
Total Carbohydrate	2 g	1%**
Sugars	1 g	***
Vitamin D (as D3 cholecalciferol)	500 IU	125%
Calcium (as calcium citrate)	600 mg	60%
Magnesium (as magnesium citrate)	300 mg	75%

**Percent Daily Values (DV) are based on a 2,000 calorie diet.

***Daily Value (DV) not established.

Other Ingredients: Filtered Water, Fructose, Citric Acid, Natural Flavors, Xanthan Gum, Carrageenan.

SUGGESTED USE: SHAKE WELL before use. As a dietary supplement for adults, take one (1) tablespoon (0.5 fl. oz.) (15 mL) daily, with a meal, or as directed by a healthcare practitioner.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sodium, Artificial Flavor, Artificial Sweetener, Preservatives and Color.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store unopened container at room temperature. Do not use if neck seal is missing, torn or damaged in any way. **Refrigerate after opening.**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

